



FULL MOON IN LEO · TUESDAY, 30 JANUARY 2029

Virgo

This ritual is for rest, letting go, and the renewal that comes from finally putting something down.

What you are releasing tonight is not defeat — it is the careful, deliberate act of someone who finally knows the difference between holding on and holding back.

PREPARATION

Face west. Slow everything down before you begin — move at half your usual speed, because this ritual is not about doing more but about doing less with more intention. Soften the lighting until the room feels like dusk, remove all devices from reach, and let silence arrive rather than forcing it. Pour a cup of warm chamomile or any tea that asks nothing of you, hold it gently — not gripping — and sip with your eyes lowered, letting the warmth travel. Close your eyes and imagine what it would feel like to set down the one thing you have been carrying too long: not solving it, not ending it, simply resting your hands for once. Let the image of that lightness stay with you until your breathing slows to match it. Open your eyes only when the room feels both smaller and more spacious. The ritual begins now.

THE RITUAL

Light the **brown candle** without ceremony, without rush — one quiet flame for **the deep, unhurried work of letting something go**.

Hold a sprig of **rosemary** to your nose and breathe its sharpness in fully, letting it cut through mental fog the way cold water wakes the face — present now, here now.

Take the **amethyst** in your non-dominant hand and, with your eyes closed, name silently — not aloud, this belongs only to you — **the exact thing you are releasing**: the thought, the grief, the habit, the story.

Set the **amethyst** down away from you — not behind you, but across the space, at a distance — and feel the physical enactment of **choosing not to carry it home from this room**.

Place the **rosemary** beside the **amethyst** as a marker of completion, let the **brown candle** burn for a few minutes longer, then extinguish it gently and leave the space without looking back at what you set down.

YOU WILL NEED

brown candle

amethyst

rosemary

♪ silence, or 432hz tones, or distant ocean waves